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ABSTRACT

This is a reference book for trainee psychotherapists, psychiatrists, and other professionals. The third edition has added recent changes in psychotherapy theory, practice, and research. Different forms of psychotherapy are integrated without an emphasis on one particular theory. Many of the recent therapies owe their basic ideas to some aspect of psychoanalytic theory and practice. Behavior therapy has largely given way to cognitive-behavioral therapy (CBT). There have been further developments in other therapies such as interpersonal psychotherapy, cognitive analytical therapy, and conversational therapy, which grew out of a need for brief forms of therapy. Changes in emphasis of modern understanding of therapeutic relationships are reflected, along with recognition of changes in society and patterns of individual relationship with others. Consideration is given to current issues such as the proliferation of counseling, the recovered memory controversy, and the increasing influence of attachment theory in therapy and research. Part 1, concerning psychodynamic principles, includes sections on: conflict; anxiety; defense mechanisms; developmental phases; and therapeutic relationships. Part 2, pertaining to psychodynamic practice, includes articles on: elements and levels of psychotherapy; group, family, and couple therapy; outcomes; and research. Appendix A presents a description of training and roles of some professionals in the field. (Contains 5 tables; 11 figures; and over 500 references.) (JDM)

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